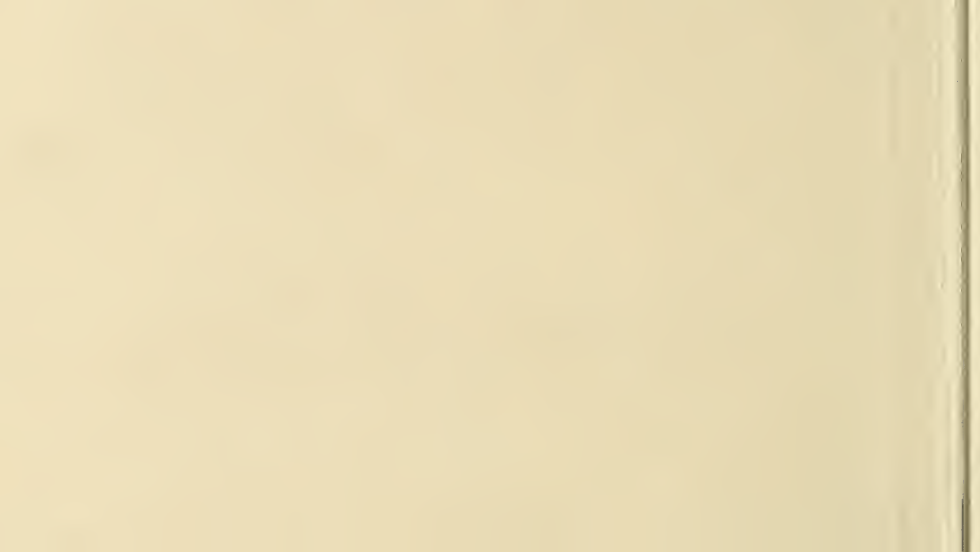


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Passer
CONSUMER TIPS

Point Buying No. 5: Use of Red Stamps

1. Two main differences from Blue-stamp buying: (a) New series of Red Stamps (16 points' worth) valid each week; can be used after week issued, to end of period. (b) One-point Red Stamps given as "change" by retailer may be used in later buying as long as valid.
2. All Red stamps may be used in buying all meat, fats, oils, cheese listed in store as Red-stamp rationed foods.
3. Point values for all Red-stamp foods are figured on a pound basis; to find point values for less than a pound, use CONSUMER TIPS card on: "Red Stamp Table for Ounces."
4. Clip official point table from newspaper; keep handy.
5. Watch local ads for point listing of available foods to prepare shopping lists before you buy.
6. Don't spend your stamps unless you have to; try to use unrationed foods.

HOW TO GET YOUR POINTS' WORTH

1. Plan meals before buying; plan main dish first; add vegetables, fruit, bread, spread cereals, beverage.
2. Main-dish protein foods should be eaten regularly, in smaller amounts, instead of an occasional large amount.
3. Use non-rationed protein foods as alternates for meat: poultry, fresh & frozen fish, eggs, perishable cheeses.
4. Learn to use low-point cuts of meat; all lean meat is equally good in food value and body-building strength.
5. All fats, including table spreads, shortening, salad & cooking oils are vital energy foods; don't eat only meat.
6. Save meat drippings & use in cooking as extra fat.

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"LISTEN TO CONSUMER TIME," NBC, Saturday, 12:15 EWT